

WHY TRY PERSONAL TRAINING?

The Metuchen Branch YMCA offers a helpful way to assist you in achieving your fitness goals. You will work one-on-one with one of our nationally certified Personal Trainers. Each program is designed specifically for you. Our personal trainers help to make exercise both enjoyable and educational.

WHAT ARE THE BENEFITS OF PERSONAL TRAINING?

- Individualized program—will develop a program specifically designed for your personal needs and training goals. For example, weight loss, sport specific training, become healthier, etc.
- Efficiency—will help get maximum results in minimum time by keeping you focused on your goals
- Learning proper technique —proper form is a vital part of achieving results.
- Break through plateaus—you've been doing the same routine and would like a change.



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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PERSONAL TRAINING

NATIONALLY CERTIFIED
Personal Trainers
METUCHEN BRANCH YMCA



PERSONAL TRAINING

This program is designed to specifically reach your individual goals while receiving personal attention. Your trainer will work with you one on one to obtain those goals.

Fitness Assessments are a tool trainers use that include one or more of the following:

- Cardiovascular endurance
- Muscular strength and endurance
- Flexibility
- Body Composition

Fees

\$47—One hour session

\$215—Five one hour sessions

\$420—Ten one hour session

Training sessions are purchased in hour increments but can be split up into half hour, 45 min or use the full hour.

The trainer will keep track of your sessions used.

ARE YOU NEW TO PERSONAL TRAINING?

We provide a discounted **Beginner Personal Training Package**.

This package is great for health seekers, beginners, and those who are new to Personal Training.

Why?

- It allows individuals to try Personal Training to see if it is right for them.
- It helps you get a better understanding of the equipment and facility.
- It is a great jumpstart if you plan on learning some basics and continuing independently afterwards.

This special is for those who have never purchased Personal Training before at the Metuchen YMCA. This is available to full facility members only and is available all year long.

Buy 2 Personal Training hours, get 1 FREE.

Fee: \$94*

*Can be used for (3)hrs or (6) thirty minute sessions

HOW DO I SCHEDULE PERSONAL TRAINING SESSIONS?

Interested in taking the next step towards your health goal? Complete a Personal Training request form available at the Member Services Desk and return it there. A Personal Trainer will contact you to discuss what is right for you and to schedule your appointment. You can also visit our Personal Trainer bulletin board located next to the cycling room to read each trainer's bio, see their picture, and choose whom you would work best with. If you have any questions call (732)548-2044 x2228, e-mail mby.personaltraining@ymcaofmewsa.org, or stop in the Wellness Center to speak with a trainer.



Personal Trainers help to empower, encourage, and challenge you to reach and maintain a healthy lifestyle.